

Healthy Bites



Information to Improve the Selection and use of Foods In Your Home

Winter 2010 - Vol. 1

HEALTHY EATING STARTS WITH PARENT ROLE MODELS

Parents are role models and, as such, are the most important influence in children's lives. Children watch and imitate adults, and look to them to learn proper behavior for everything from saying please and thank you to learning about fitness and Nutrition. As role models, parents need to monitor their own behavior so that their children acquire healthy attitudes toward eating.

Children learn from parent role models

To get a sense of how your attitude about food might influence your children, examine your own behavior.

Do you skip breakfast? Do you drink sodas rather than milk with your meals?

Do you diet all the time and have a fear of (or talk about) eating "bad" food?

Do you snack all day long? Do you eat in front of the TV?

Do you eat whenever you are bored or under stress?

Do you eat dessert at every meal?



If you answered "yes" to more than a few of these questions, you are likely sending unhealthy messages to your child about food. If you are eating poorly or skipping meals, your child is going to pick up on it. If you're anxious and unable to manage your own eating, you may pass that on to your child.

Establishing healthy habits can be very difficult for children who receive mixed messages. They won't perceive healthy eating as important if it is not something that they see you doing. Positive and negative comments influence children's attitudes about foods. What you **do** will make more of an impact than what you say.

Healthy Eating Starts with Parent Role Models - Tips for parents

Actions speak louder than words, so it is unlikely that words will have much impact on your child's eating habits unless you practice what you preach.

Here are a few healthy eating habits parents can role model for your children:

- Never skip meals - especially breakfast.
- Try new foods yourself — but don't force your children to try them.
- Turn the TV off while you are eating
- Drink water and milk instead of soda. Limit junk food in the house.
- Learn new strategies for managing stress that do not include eating.
- Include vegetables and fruits with meals and snacks. Eat fruit for dessert.

While it is unrealistic to expect any parent to be a perfect role model, trying your best to demonstrate good eating habits will positively impact your child. "Do as I say and not as I do" simply does not work. Eating a variety of foods will teach your children healthy eating habits that they can follow for the rest of their lives. And it is likely to improve your health as well.

Source: mealsmatter.org



Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more. Qualified clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County.

For more information call: 586-469-6432.

Citrus fruits “in season” now!

Have you noticed that oranges are frequently on sale at this time of the year? That’s because oranges are “in season,” meaning this is the harvest time for citrus fruits. Right now they taste the best, and cost the least, compared to other times of the year. Other fruits that are “in season” now are grapefruits, apples, bananas, and grapes. Knowing this schedule and planning ahead a bit can be a big boon to your food budget.

But when you get to the store, you still have lots of choices. You need to use unit pricing to figure cost. To do this, you divide the cost by the unit. The unit for the oranges is either pounds, or the number or count. Here are some prices I found.

- | | | |
|---|---------------------------|--|
| 1 | 10 for \$2.00 | .20 each ($\$2.00/10 = \$.20$) |
| 2 | 4# bag for \$1.99 | .17 each or .50 a pound. There are 3+ oranges in a pound. You really need to count the oranges, but at 3 oranges in 1 pound there would be 12 oranges in 4#, so the cost per orange is 17 cents. |
| 3 | 3 oranges for \$2 | .66 each. These oranges were the same size as all the others. I couldn’t find any reason to pay 3 times more than the oranges in #1 that were 10 for \$2.00. |
| 4 | 10# bag for \$4.99 | .25 each or .50 cents a pound. These were bigger oranges and there were 20 oranges so this added to the cost per orange. |
| 5 | 4 pounds for \$2.49 | 12 oranges in 4 pounds, so .21 each or .62 a pound. |
| 6 | 5# Clementines for \$5.98 | Clementines are about half the size of oranges. There are about 6 clementines in a pound. A 5# box would have around 30 which cost \$1 a pound or .20 each. |

Unit pricing only reflects the cost, not the quality or taste. You might like the flavor of Clementines better than oranges, or your kids might be willing to peel and eat them for a snack. In my book, this would make them a good buy.

Source: Spend Smart Eat Smart

Check the Label

Food labels provide nutrition facts and information about the foods that your family eats. From the amount of calories, fiber, and total fat grams, to the food's ingredients, the food label is your key to the nutrition information in the foods you provide to your family. It can help you to increase the healthy nutrients that you want your family to eat, like calcium and fiber, and limit nutrients that can be unhealthy, like fat, saturated fat, cholesterol, and sodium.

| Nutrition Facts | Amount/serving | %DV* | Amount/serving | %DV* |
|---|------------------------------|-------------|-------------------------|-------------|
| Serv. Size 1 cup (249g) | Total Fat 12g | 18% | Sodium 940mg | 39% |
| Servings About 2 | Sat. Fat 6g | 30% | Total Carb. 24g | 8% |
| Calories 250 | Polyunsat. Fat 1.5g | | Dietary Fiber 1g | 4% |
| Fat Cal. 110 | Monounsatur. Fat 2.5g | | Sugars 1g | |
| *Percent Daily Values (DV) are based on a 2,000 calorie diet. | Cholest. 60mg | 20% | Protein 10g | 20% |
| Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8% | | | | |
| INGREDIENTS: WATER, CHICKEN STOCK, ENRICHED PASTA (SEMOLINA WHEAT FLOUR, EGG, WHITE SOLIDS, NIACIN, IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) AND FOLIC ACID), CREAM (DERIVED FROM MILK), CHICKEN, CONTAINS LESS THAN 2% OF: CHEESES (GRANULAR, PARMESAN AND ROMANO PASTE (PASTEURIZED COW'S MILK, CULTURES, SALT, ENZYMES), WATER, SALT, LACTIC ACID, CITRIC ACID AND DISODIUM PHOSPHATE), BUTTER (PASTEURIZED SWEET CREAM (DERIVED FROM MILK) AND SALT), MODIFIED CORN STARCH, SALT, WHOLE EGG SOLIDS, SUGAR, DATEM, RICE STARCH, GARLIC, SPICE, XANTHAN GUM, CHEESE FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL, FLAVORINGS AND SMOKE FLAVORING), MUSTARD FLOUR, ISOLATED SOY PROTEIN AND SODIUM PHOSPHATE. | | | | |



Word Wise

Use unit pricing to figure cost. To do this, you divide the cost by the unit
 10 for \$2.00 20 each ($\$2.00/10 = \$.20$)

Fat-Fighter #1: Calcium

Scientists aren't sure how calcium burns body fat—some believe it reduces the fat-producing effects of a steroid hormone called calcitriol.

What we do know is that it works: Researchers at the University of Tennessee found that obese people who went on a low-calorie diet that contained three daily servings of calcium-rich dairy lost 70% more weight and 64% more body fat than those who ate just one serving of dairy a day.

Calcium food sources: Fat-free milk and low-fat dairy, spinach, kale, broccoli, and white beans

Source: Prevention Magazine



Vitamin D food sources: Salmon, mackerel, sardines, tuna, fortified whole grain cereal, fortified fat-free milk, and Swiss cheese

A landmark study from Tufts-New England Medical Center showed that low levels of vitamin D raise a person's risk of type 2 diabetes by as much as 46%.

Researchers believe vitamin D quiets cellular inflammation that contributes to diabetes. Plus, your body needs D to absorb calcium—and together, they can help fight diabetes: According to the Nurses' Health Study, an ongoing investigation of more than 83,000 women, those who consumed more than 1,200 mg of calcium and more than 800 IU of vitamin D a day were 33% less likely to have developed diabetes than those taking in less of both nutrients.



Warm Up and Work Out: Get Your Family Moving!

Are you having a hard time starting a new exercise routine or keeping up with the one you already have? Are your kids spending too much time talking on the phone or staring at the TV or a computer screen? If the answers are "yes," you are not alone—getting enough exercise takes time, effort, and drive. Still, with a bit of resolve and creativity, you and your kids can do a lot all year round without spending a lot of money or risking injury. How long since you had fun with your kids by jumping rope or using a hula hoop? It's fun and doesn't require much space.



Thinking positively

To get yourself and your kids going, focus on the many benefits and good reasons to exercise—and have fun! Benefits include increasing energy, losing weight, and cutting the risk of diseases such as heart attack, stroke and diabetes. Even small children need plenty of exercise including structured activities every day. What's more, exercise can lift one's spirits by reducing stress and relieving depression.

Making a plan

Don't be too quick to reject outdoor exercise. If jogging, biking and outdoor sports are not your thing, especially in the winter, consider walking, hiking, or heading to a playground with the kids. These activities can work for you if you dress for the weather. For winter exercise gear, put on layers of clothing, gloves, and water-resistant footwear with good support.

For exercise that's good for your heart, lungs, and blood system, try dancing to your favorite upbeat music or shadowboxing. Get your children to show you their moves. For running and walking, you don't need the park or a track—jog in place or go up and down the stairs in your house or apartment building.

Source: family.samhsa.gov

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This newsletter has been partially funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact the Center for Civil Justice, 1-800-481-4989



Steps to a healthier family

Tips for Family Mealtime

- 1 Make shared meals a priority**
 - Mark "family meal" dates on the calendar.
 - Family meals can be shared at home, at a restaurant, in a park, or near a playing field.
- 2 Enjoy each other**
 - Turn off the television, radio, and cell phones.
 - Encourage sharing comments about "good things that happened today."
 - Children learn social skills from watching and listening to adults. Practice being positive.
- 3 Dish up variety**
 - Use MyPyramid and family preferences as a guide when planning meals.
 - Save elaborate menus for occasions when you have time to prepare and enjoy them.
- 4 Share responsibility**
 - Give each person a task for each meal, such as choosing the menu, setting the table, pouring drinks, or cleaning up.
 - Giving children some responsibility for preparing part of the meal increases their feelings of being part of the family.
- ➔ Bottom line**
 - Eating together has benefits even when it isn't possible daily. (For more ideas, see *Say "Yes" to Family Meals*, PM 1842)

Eating is one of life's greatest pleasures.

Enjoying meals together helps anchor family members and build valuable memories.

Make smart choices from every food group

The daily food choices you and your family make can have a positive impact on your health today, tomorrow, and in the future. Our bodies need a variety of nutritious foods daily to get all the nutrients necessary for good health. One useful resource is the Dietary Guidelines for Americans, 2005 (6th edition), which includes the following five recommendations:

■ Make half your grains whole.

Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn, more often.

■ Vary your veggies.

Include a variety of colors and types over several days, including or such as:

- Dark green: spinach and broccoli
- Orange: carrots and sweet potatoes
- Starchy: corn and potatoes
- Dry beans and peas: pinto beans, black beans, and lentils
- Other vegetables: tomatoes and onions.

■ Focus on fruits.

Eat fresh, frozen, canned, and dried fruit. Include 100% fruit juice as well but in smaller amounts and less frequently.

■ Get your calcium rich foods.

Choose low-fat and fat-free milk, yogurt, and cheese. Aim for three 8-ounce servings each day.

■ Go lean with protein.

Choose meat, poultry, and fish products that are lower in fat (such as 90 to 95 percent lean ground beef and broiled chicken instead of fried). Experiment with more dry bean- and pea-based foods.

Find your balance between food and physical activity

Balancing food choices with adequate physical activity helps control body weight and reduce the risk of heart disease, osteoporosis, diabetes, and other chronic conditions. All ages can adopt healthy lifestyle behaviors.

■ Set a good example by being physically active individually and together as a family. Go for a walk, ride your bikes, or play at the park.

■ Establish a routine by setting aside time each day as activity time.

• Adults need at least 30 minutes of moderate physical activity most days of the week to reduce their risk of disease. About 60 to 90 minutes of moderate physical activity is recommended to prevent weight gain or maintain weight loss.

• Children and teenagers need 60 minutes of activity every day on most days of the week.

PM 2005 Revised September 2009

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Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing low-cost, nutritious groceries throughout the U.S.

Visit their website:

www.angelfoodministries.com

to find the closest host site near you.

FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Anger Management 4 week program

***6:30 - 8:30 p.m.
March 2, 9, 16, & 23, 2010
Warren Civic Center Library
1 City Square
Warren, MI 48093***

Call 586-469-7614 to register

Living with Less

***FREE workshop
Thursday, January 21, 2010
9:00 am - 12:00 pm
to be held at
MSU Extension
21885 Dunham, Clinton Township
Call 586-469-7614 to register***

How Does Your Credit Score

***Free workshop
Wednesday
6:30 pm - 8:00 pm
February 3rd, 2010
Chesterfield Library
50560 Patricia
Chesterfield, MI 48051
call 586-469-7614***

HOUSING (586) 469-6430

Anne Lilla, Housing Program Coordinator

Macomb Homebuyers

Affordable Housing Seminar

- Renting vs. Buying
- Government & Bank Loan Programs
- Down Payment Assistance
- Saving Money & Cleaning Up Credit

***Monday, January 20th, 2010
6:30-8:30pm***

to be held at MSU Extension

Call 586-469-6430 to register now!

Money Management

***8 Sessions, Thursdays, 6:30 - 9:00 pm
Jan. 14, 21, 28, Feb. 4, 11
18, 25, & March 4, 2010
Leaps & Bounds Comm. Ctr.
8129 Packard
Warren, MI***

Call (586) 469-6430 to register

Home Ownership Seminar

FREE Three-part program

***January 25th, February 1st, and 8th, 2010
6:30 - 8:30 pm***

To be held at:

MSU Extension

Call 586-469-6430 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, EFNEP Agent

***Expanded Food & Nutrition Program
for income eligible families with children - 6 sessions***

- ✓One-On-One Teaching
- ✓Menu Planning
- ✓Group Presentation
- ✓Stretch Your Food Dollars
- ✓Label Reading

**MICHIGAN STATE
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**Food Service/Safety
Certification Training**

***For further information on class
schedules and locations log on to:
<http://web2.canr.msu.edu/servsafe/>***

**** Volunteer Opportunities ****

Youth Mentor Program

***Positive role modeling to
at-risk youth 11 - 15
4H Activities for families
with children 5-19***



Call 586-469-6431 for more information



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